

2015 VRPA - ST. JOHNSBURY ACADEMY STATE TRACK MEET

Dear Coaches,

We would like to welcome you and your team to this year's VRPA - St. Johnsbury Academy State Track Meet. The meet will be held at St. Johnsbury Academy on Saturday, July 25, 2015. We very much appreciate St. Johnsbury Academy for being our corporate sponsor and hosting the meet again this year. If you see any of their representatives at the meet please thank them; it is their support that allows us to keep the meet affordable.

Ample parking is available at the Field House parking lot. Bathroom facilities will be provided. A snack bar will be open with all proceeds benefiting the St. Johnsbury Recreation Department and the St. Johnsbury Kiwanis swimming pool.

It is highly recommended that teams bring their own small pop-up tents for shade and rain protection. Also, athletes should protect themselves by having sunscreen, a hat, sunglasses and plenty of fluids. The Academy Track has stands for spectators.

Registration Information:

Registration Forms: All athletes must have a registration form that is filled out and signed by a parent or guardian to compete. You will find the form at the end of this packet. You will need to bring the forms with you the day of the meet and turn them in at the coaches meeting.

Events: Each athlete may enter up to 3 events. These may be 2 running and 1 fielding event or 2 fielding and 1 running event.

NEW THIS YEAR...The relay will NOT be counted as a running event towards your athletes 3 events. This will be an extra event for each team to enter individuals into. Each team may submit up to 2 relay teams per gender and in each age group; athlete names will not be needed when registering. Points earned by the relay teams will be included in the total team score.

Teams will not be limited to entering only four individuals per event. This change was instituted to help accommodate the larger teams and even smaller teams who have large numbers in a particular age group. *For this to work efficiently, it is imperative that coaches use good judgment and discretion in placing participants appropriately in events. Should this put an undue burden on the meet this year, placing a limit on participation will be reinstated next year.*

Age Group: The athlete's age group is determined by his/her age as of December 31, 2015. Athletes aged 7-15 on December 31, 2015 are eligible to participate in the meet this year.

Entry Fees:

VRPA Member- \$7.00 per participant registered for the meet.

Non-VRPA Member- \$12.00 per participant registered for the meet.

Make checks payable to: Vermont Recreation & Parks Association
Please mail payments to: State Track Meet, VRPA, 721 Main Street, Colchester, VT, 05446

Following the event, all unpaid fees will be invoiced for the number of athletes you registered for the Meet.

Questions about the meet contact: Gary Rogers at 802-865-7088 or grogers@burlingtonvt.gov .
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VRPA – ST JOHNSBURY ACADEMY 2015 STATE TRACK MEET

Meet Rules

1. The meet will be held at St. Johnsbury Academy on Saturday, July 25, 2015.
2. The Coaches Meeting will be held at 8:30 am - Make sure you are there on time!
3. You must bring your participant release forms (one for every athlete on your team) and the alphabetized list of registered participants to the Coaches Meeting.
4. Each team is required to provide TWO volunteers.
5. Protests must be submitted to the meet director within fifteen minutes of the cited infraction.
6. Scratches-any known scratches should be sent to Pavel Dvorak at pdvorak@bsdvt.org. Scratches will not be accepted after 8:00 am on the day of the meet. Getting your scratches in before the day of the meet will allow the meet to run more smoothly!
7. No one should be in the infield at any time. The exception to this is any athlete being led there to participate in an event. Staff and volunteers will be assigned duties on the infield. NO PARENTS or participants not scheduled for events will be allowed on the infield.
8. Athletes may wear 1/8 inch or 3/16 inch spikes.
9. For all running events athlete must report to the check in area right after the first call (15 min before the event). All athletes not present at the check in area on the second call (10 min before the event) will be scratched and not permitted to compete in that event.
10. Running events will and take priority over the field events.
11. Ribbons will be given to the top 6 places in each age group per event.
12. Team scores will be tallied as follows: 1st Place finish worth 10pts, 2nd Place finish worth 8pts, etc. This continues to 6th place finish worth 1 pt. Team awards will be given in a small team and large team category. The names of the first and second place teams will be engraved on a perpetual plaque and the first place team will be allowed to keep the plaque for one year, returning it just prior to the state track meet the following year.

Directions to St. Johnsbury Academy- If you need assistance, contact Joe Fox at 802-751-2304 or jfox@stjacademy.org or the Field House at 802-748-8683.

From the west:

Follow Route 89 South to exit 8 for Montpelier/Route 2 East. Travel on Route 2 East about 35 miles to St. Johnsbury. After you pass the Fairbanks Hotel on the right, you will travel up a hill; the road forks and the Academy sign is right there in the median; continue straight (don't veer left) to the top of the hill. You will be directly in front of Colby Hall (the tall white tower - the symbol of the Academy). At the stop sign, turn right and then turn right again onto Fairbanks Drive (just past Tinker.) Continue along this road, when the road splits, stay left onto the driveway for the Field House. Continue behind the Field House to the athletic fields and parking lots.

From the South:

Travel Route I-91 North Exit 20 for St. Johnsbury. At the end of the exit ramp, turn right. Take the first left (South Main Street). Follow this road to the top of the hill, to the Headmaster's House on your right. Turn left onto Fairbanks Drive. Continue along this road, when the road splits, stay left onto the driveway for the Field House. Continue behind the Field House to the athletic fields and parking lots.

VRPA – St. Johnsbury Academy 2015 State Track & Field Meet
St. Johnsbury, Vermont Saturday, July 25, 2015

EVENT LIST – BY AGE GROUPS

Girls 7-8 Softball Throw
Girls 7-8 Long Jump
Girls 7-8 50 Meter Dash
Girls 7-8 100 Meter Dash
Girls 7-8 200 Meter Dash
Girls 7-8 4x50 Meter Relay

Boys 7-8 Softball Throw
Boys 7-8 Long Jump
Boys 7-8 50 Meter Dash
Boys 7-8 100 Meter Dash
Boys 7-8 200 Meter Dash
Boys 7-8 4x50 Meter Relay

Girls 9-10 Softball Throw
Girls 9-10 Long Jump
Girls 9-10 Discus Throw
Girls 9-10 100 Meter Dash
Girls 9-10 200 Meter Dash
Girls 9-10 400 Meter Dash
Girls 9-10 4x100 Meter Relay

Boys 9-10 Softball Throw
Boys 9-10 Long Jump
Boys 9-10 Discus Throw
Boys 9-10 100 Meter Dash
Boys 9-10 200 Meter Dash
Boys 9-10 400 Meter Dash
Boys 9-10 4x100 Meter Relay

Girls 11-12 Long Jump
Girls 11-12 Discus Throw
Girls 11-12 Shot Put
Girls 11-12 High Jump
Girls 11-12 100 Meter Dash
Girls 11-12 200 Meter Dash
Girls 11-12 400 Meter Dash
Girls 11-12 800 Meter Run
Girls 11-12 80 Meter Hurdles
Girls 11-12 4x100 Meter Relay

Boys 11-12 Long Jump
Boys 11-12 Discus Throw
Boys 11-12 Shot Put
Boys 11-12 High Jump
Boys 11-12 100 Meter Dash
Boys 11-12 200 Meter Dash
Boys 11-12 400 Meter Dash
Boys 11-12 800 Meter Run
Boys 11-12 80 Meter Hurdles
Boys 11-12 4x100 Meter Relay

Girls 13-15 Long Jump
Girls 13-15 Discus Throw
Girls 13-15 Shot Put
Girls 13-15 High Jump
Girls 13-15 100 Meter Dash
Girls 13-15 200 Meter Dash
Girls 13-15 400 Meter Dash
Girls 13-15 800 Meter Run
Girls 13-15 1600 Meter Run
Girls 13-15 80 Meter Hurdles
Girls 13-15 4x100 Meter Relay

Boys 13-15 Long Jump
Boys 13-15 Discus Throw
Boys 13-15 Shot Put
Boys 13-15 High Jump
Boys 13-15 100 Meter Dash
Boys 13-15 200 Meter Dash
Boys 13-15 400 Meter Dash
Boys 13-15 800 Meter Run
Boys 13-15 1600 Meter Run
Boys 13-15 80 Meter Hurdles
Boys 13-15 4x100 Meter Relay

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TIME SCHEDULE – ORDER OF EVENTS

All Start Times are Approximate and are Subject to the Flow of the Meet

Please Make Sure Runners Are Ready To Run ½ Hour Before Race Is Scheduled

8:45 AM Parade of Teams and Athletes

Field Events - Starts at 09:00 AM

	<u>Event</u>	<u>Round</u>
9:00 AM	#1 Girls 11-12 Shot Put	Finals
to follow	#2 Boys 11-12 Shot Put	Finals
to follow	#3 Girls 13-15 Shot Put	Finals
to follow	#4 Boys 13-15 Shot Put	Finals
9:00 AM	#5 Girls 13-15 High Jump	Finals
to follow	#6 Boys 13-15 High Jump	Finals
to follow	#7 Girls 11-12 High Jump	Finals
to follow	#8 Boys 11-12 High Jump	Finals
9:00 AM	#9 Girls 9-10 Other Softball Throw	Finals
to follow	#10 Girls 7-8 Other Softball Throw	Finals
to follow	#11 Boys 9-10 Other Softball Throw	Finals
to follow	#12 Boys 7-8 Other Softball Throw	Finals
9:00 AM	#13 Boys 7-8 Long Jump	Finals
to follow	#14 Boys 11-12 Long Jump	Finals
to follow	#15 Boys 13-15 Long Jump	Finals
to follow	#16 Boys 9-10 Long Jump	Finals
9:00 AM	#17 Girls 7-8 Long Jump	Finals
to follow	#18 Girls 13-15 Long Jump	Finals
to follow	#19 Girls 11-12 Long Jump	Finals
to follow	#20 Girls 9-10 Long Jump	Finals
9:00 AM	#21 Girls 9-10 Discus Throw	Finals
to follow	#22 Boys 9-10 Discus Throw	Finals
to follow	#23 Girls 11-12 Discus Throw	Finals
to follow	#24 Boys 11-12 Discus Throw	Finals
to follow	#25 Girls 13-15 Discus Throw	Finals
to follow	#26 Boys 13-15 Discus Throw	Finals

Running Events - Starts at 09:30 AM

9:30 AM	#27 Girls 7-8 50 Meter Dash	Prelims
	#28 Boys 7-8 50 Meter Dash	Prelims
	#29 Girls 11-12 80 Meter Hurdles	Finals
	#30 Boys 11-12 80 Meter Hurdles	Finals
	#31 Girls 13-15 80 Meter Hurdles	Finals
	#32 Boys 13-15 80 Meter Hurdles	Finals
	#33 Girls 7-8 100 Meter Dash	Prelims

**Running Events
(continued)**

#34	Boys 7-8 100 Meter Dash	Prelims
#35	Girls 9-10 100 Meter Dash	Prelims
#36	Boys 9-10 100 Meter Dash	Prelims
#37	Girls 11-12 100 Meter Dash	Prelims
#38	Boys 11-12 100 Meter Dash	Prelims
#39	Girls 13-15 100 Meter Dash	Prelims
#40	Boys 13-15 100 Meter Dash	Prelims
#41	Girls 9-10 400 Meter Dash	Finals
#42	Boys 9-10 400 Meter Dash	Finals
#43	Girls 11-12 400 Meter Dash	Finals
#44	Boys 11-12 400 Meter Dash	Finals
#45	Girls 13-15 400 Meter Dash	Finals
#46	Boys 13-15 400 Meter Dash	Finals
#27	Girls 7-8 50 Meter Dash	Finals
#28	Boys 7-8 50 Meter Dash	Finals
#33	Girls 7-8 100 Meter Dash	Finals
#34	Boys 7-8 100 Meter Dash	Finals
#35	Girls 9-10 100 Meter Dash	Finals
#36	Boys 9-10 100 Meter Dash	Finals
#37	Girls 11-12 100 Meter Dash	Finals
#38	Boys 11-12 100 Meter Dash	Finals
#39	Girls 13-15 100 Meter Dash	Finals
#40	Boys 13-15 100 Meter Dash	Finals
#47	Girls 11-12 800 Meter Run	Finals
#48	Boys 11-12 800 Meter Run	Finals
#49	Girls 13-15 800 Meter Run	Finals
#50	Boys 13-15 800 Meter Run	Finals
#51	Girls 7-8 200 Meter Dash	Finals
#52	Boys 7-8 200 Meter Dash	Finals
#53	Girls 9-10 200 Meter Dash	Finals
#54	Boys 9-10 200 Meter Dash	Finals
#55	Girls 11-12 200 Meter Dash	Finals
#56	Boys 11-12 200 Meter Dash	Finals
#57	Girls 13-15 200 Meter Dash	Finals
#58	Boys 13-15 200 Meter Dash	Finals
#59	Girls 13-15 1600 Meter Run	Finals
#60	Boys 13-15 1600 Meter Run	Finals
#61	Girls 7-8 4x50 Meter Relay	Finals
#62	Boys 7-8 4x50 Meter Relay	Finals
#63	Girls 9-10 4x100 Meter Relay	Finals
#64	Boys 9-10 4x100 Meter Relay	Finals
#65	Girls 11-12 4x100 Meter Relay	Finals
#66	Boys 11-12 4x100 Meter Relay	Finals
#67	Girls 13-15 4x100 Meter Relay	Finals
#68	Boys 13-15 4x100 Meter Relay	Finals
#69	Mixed Coaches 4x100 Meter Relay	Final

Vermont Recreation and Parks Association

STATE TRACK & FIELD MEET RULES

RULE 1

Section A - Meet Management and Officials

The Vermont State Track & Field Meet will be governed by the VRPA and its Track and Field Committee. Along with the VRPA committee the Hosting Site will be included in all matters which may affect the facilities.

Section B - Rules

All Rules will follow the (NFHS) National Federation of State High School Associations unless stated in differently in the following VRPA rules.

RULE 2

Section A - Age Groups & Eligibility

All participants must compete in their respective age group. Participants will compete within their own sex division. Males compete with males and females compete with females.

Age 7 & 8 (as of December 31, 2014)

Age 9 & 10 (as of December 31, 2014)

Age 11 & 12 (as of December 31, 2014)

Age 13, 14, & 15 (as of December 31, 2014)

Section B - Track Events by Age

Boys and Girls (7&8)

- | | |
|--------------|----------------------------------|
| 1. 50 Meter | 4. 4 X 50 Relay |
| 2. 100 Meter | 5. Running Long Jump |
| 3. 200 Meter | 6. Softball Throw (12" softball) |

Boys and Girls (9 & 10)

- | | |
|------------------|----------------------------------|
| 1. 100 Meter | 5. Softball Throw (12" softball) |
| 2. 200 Meter | 6. Discus |
| 3. 400 Meter | 7. Running Long Jump |
| 4. 4 X 100 Relay | |

Boys and Girls (11 & 12)

- | | |
|------------------------------------|----------------------|
| 1. 100 Meter | 6. Discus |
| 2. 200 Meter | 7. Running Long Jump |
| 3. 400 Meter | 8. 800 Meter |
| 4. 4 X 100 Relay | 9. High Jump |
| 5. Shot Put (Girls 6lb. Boys 8lb.) | 10. 80 Meter Hurdles |

Boys and Girls (13 - 15)

1. 100 Meter
2. 200 Meter
3. 400 Meter
4. 4 X 100 Relay
5. Shot Put (Girls 6lb. Boys 8lb.)
6. Discus
7. Running Long Jump
8. 800 Meter
9. High Jump
10. 80 Meter Hurdles
11. 1600 Meter

RULE 3

Section A - Running Events

- False starts - one allowed for the event. On the second false start for the event, the individual causing the infraction will be disqualified.
- Running events take priority over field events. Participants **must check in with the field event judge first**, and then participate in the running event.
- Running events will be measured to the nearest 100th.

Hurdles

- Hurdles (8) spaced this way:
- Starting line to first hurdle 12m or 39' 4"
- Between hurdles 7.5m or 24' 8"
- Last hurdle to finish line 15.5m or 50' 10"
- Hurdle height 30" for both boys and girls.

Relays

- Teams of 4 runners each running only one leg.
- Runners shall carry the baton by hand throughout the race and shall pass the baton to the next teammate.

RULE 4

Section A - Field Events

- Throwing events (softball throw, shot put, and discus). Each athlete gets three attempts

Softball Throw

- Softball Throw - All participants will use a 12" softball.
- The throw will either be from a standing or on the run position.
- Stepping over the scratch line constitutes a foul.
- The throwing area will be 50' wide by 300' long with a throwing area 5' wide and 15' long.
- Each participant will be allowed three attempts. Each throw will be recorded, the longest will be the one declared the winner.
- In the case of a tie. The participants that are tied will look at their next longest throw to declare the winner.
- The ball will be marked where it lands. (not where it rolls to)
- The ball may be thrown either overhand or underhand.
- Measurement will be taken from the center of the 5' throwing area with the zero end of the tape at the scratch line.

Shot Put

- Shot Put will be 6lbs for girls and 8lbs for boys.
- The throw will be made from the shoulder with one hand.
- Stepping over the arc constitutes a foul.
- The shot put area will follow the NFHS with 34.92 degree sector.
- Each participant will be allowed three attempts. Each throw will be recorded, the longest will be the one declared the winner.
- In the case of a tie. The participants that are tied will look at their next longest throw to declare the winner.
- The shot will be marked where it lands. (not where it rolls to)
- Measurement will be taken from the center of the throwing area with the zero end of the tape at the center of the arc.
- Measurement will be recorded to nearest lesser ¼ inch.

Discus

- Discus will be 1kg.
- The throw will be made from the shoulder with one hand.
- Stepping over the arc constitutes a foul.
- The discus area will follow the NFHS with 34.92 degree sector.
- Each participant will be allowed three attempts. Each throw will be recorded, the longest will be the one declared the winner.
- In the case of a tie. The participants that are tied will look at their next longest throw to declare the winner.
- The shot will be marked where it lands. (not where it rolls to)
- Measurement will be taken from the center of the throwing area with the zero end of the tape at the center of the arc.
- Measurement will be recorded to the nearest lesser inch.

RULE 5

Section A - Jumping Events

- Jumping events (running long jump two attempts, high jump three misses)

Running Long Jump (Athletes get TWO attempts)

- A foul occurs if jumpers shoe extends over the foul line.
- Each participant will be allowed two attempts. Each jump will be recorded, the longest will be the one declared the winner.
- In the case of a tie, the participants that are tied will look at their next longest jump to declare the winner.
- Measurement will be measured perpendicularly to the foul line and from the point in the pit touched by the jumper which is nearest to the foul line.
- Measurement will be recorded to the nearest lesser ¼ inch.

High Jump

- Girls start at 3'0" and go up in 2 inch increments until 3'6" then go up 1" increments. Boys start at 3'6" and go up in 2 inch increments until 4'0" then go up 1" increments.
- Jumpers must jump off only one foot.
- Measurement of the height will be taken before each jump.
- Measurement will be recorded to the nearest lesser ¼ inch.
- Jumper will be finished after three misses.
- Highest height will be declared winner, with least amount of misses
- Ties will look at height and # of misses at that height.

RULE 6

Section A – Scoring

- Team scores will be tallied as follows:

1st place	10 pts.
2nd place	8 pts.
3rd place	6 pts.
4th place	4 pts.
5th place	2 pts.
6th place	1pt.

Section B – Awards

- Ribbons will be given to the top 6 places in each age group per event.
- Team awards will be given in a small team and large team category. The names of the first and second place teams will be engraved on a perpetual plaque and the first place team will be allowed to keep the plaque for one year, returning it just prior to the state track meet the following year.

**VRPA – ST JOHNSBURY ACADEMY
2015 STATE TRACK MEET**

PARTICIPANT ENTRY FORM / WAIVER / MEDICAL RELEASE

Name _____
Last First Date of Birth

Address _____

City _____ State _____ Zip Code _____

Home Phone # _____ Emergency # _____

Family Physician _____ Phone # _____

Please describe any allergies or medical conditions: _____

MEDICAL RELEASE: In case of injury or accident, I give my permission for my son/daughter to be seen by a physician and to receive emergency medical treatment as deemed necessary. I further understand that all possible efforts will be made to contact me prior to treatment.

WAIVER FOR PARTICIPANT BY PARENT: In consideration for you accepting my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the VRPA or the above park district or school district and its representatives, successors, and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.

Signature _____ Date _____

*Every participant needs to have this form completed in order to compete in the VRPA – St. Johnsbury Academy State Track Meet.